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# Food and Home Notes

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Proper amounts of fruit, pectin, acid, and sugar are needed to make a jellied fruit product, according to U.S. Department of Agriculture home economists.

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Fruit pectins should be stored in a cool, dry place so they will keep their gel strength . . they should not be held over from one year to the next.

\* \* \* \*

Some kinds of fruit actually have enough natural pectin to make high-quality products. All fruits have more pectin when they are underripe.

\* \* \* \*

For making jams, preserves, conserves, and marmalades, use canning jars with lids that can be tightly sealed and processed. Paraffin tends to loosen and break the seal on these products.

\* \* \* \*

## ON REACHING PEOPLE

### ----- IN RURAL AREAS

A four-state pilot project to include rehabilitation of housing, construction of new homes, winterization of dwellings, water and sewer projects, and other community development activities will be jointly sponsored by Farmers Home Administration of the U.S. Department of Agriculture and the Department of Housing and Urban Development. The project will operate in twenty-nine counties in California, Colorado, Illinois and West Virginia in an attempt to reach rural people in the lower-income brackets who need these services.

Better methods will be devised for delivering housing and community development services during the next two years. All work actually will be carried out by the states involved, but it will be monitored by HUD and USDA.

The Extension Service, USDA, will train project employees for the work to be carried out in the states. More than 30 states applied for this program, but only four could be selected at this time. Funding of the project totals \$34 million dollars.

## FOOD MARKETING PROJECTIONS

## ----- WHAT'S AHEAD??

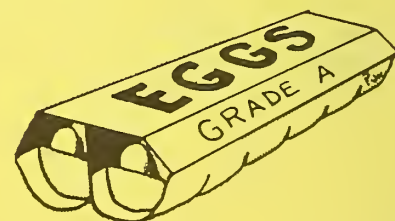
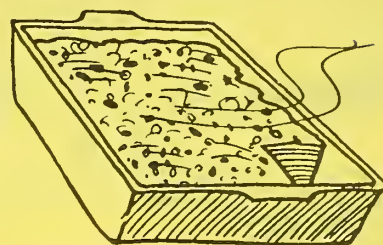
Consumers can look forward to relatively stable prices in the marketplace during the remainder of 1977 according to the economists at the U.S. Department of Agriculture. It will be a contrast to the sharp price increases we experienced during the first 7 months of the year.

For all of 1977, grocery store food prices still appear likely to average around 6% above 1976. Away-from-home food prices may be up 7 or 8% for the year. What has caused the increase? Higher prices for coffee and other imported foods and fish were contributing factors to more than half of the 1977 increases.

On meat--retail prices are expected to hold relatively steady through Fall with moderate increases for beef about off-setting declines for pork. Beef supplies are expected to be little changed but retail prices likely will rise due to stronger consumer demand.

Poultry prices should show their usual drop this Fall with plentiful broiler supplies. . and a seasonally large turkey output. Fish prices may also climb and dairy prices will likely rise moderately.

With the Fall season, the egg prices are expected to rise again, but not like they did last Fall. Potato prices have already dropped sharply from the midyear



(Con't. page 4)



## METALLACALORIE RATIO (MCR)

### ----- AND WHAT IT MEANS TO YOU

For individuals who are following calorie restricted diets, the selection of foods with high nutrient density is an absolute necessity in order to ensure an adequate intake of vitamins and minerals, according to U.S. Department of Agriculture research chemists. The levels of trace minerals--iron, zinc, and copper--in more than 30 fruits and vegetables were recently measured at USDA's Agricultural Research Human Nutrition Laboratory at Grand Forks, North Dakota.

The laboratory scientists analyzed the copper, iron and zinc content in these foods. Canned, frozen, and fresh foods analyzed in the study were all purchased at the local supermarket. Brand names and information on the foods--drained, peeled, or reconstituted with distilled water--are given in the trace mineral tables. The caloric content of foods was obtained from Handbook 8 or from the nutritional labels on the packages.

This type of information can most easily be used if foods are grouped into high and low ratio categories for a given metal. A person wishing to select foods high in zinc but low in calories would choose from foods with high ratios and high zinc levels. In the very high ratio group, mushrooms and sauerkraut, for instance, are about equal. . . since they have similar zinc content. Peas are the next best choice.

In the high MCR group, onions are the best choice, but neither they nor the other foods in that group are likely to be eaten in large quantities. In the next group, with the highest iron content, carrots and pears were the highest. In the group for copper--mushrooms were again the best choice. In the intermediate MCR group, cantaloupe has the highest copper content followed by tomatoes.

## FOOD MARKETING PROJECTIONS (CON'T.)

peak as supplies have increased seasonally . . large Fall crops are expected. But--sweet potato supplies are expected to be down.

Fresh vegetables should have more normal levels after last winter's freeze in Florida. Fresh fruit prices are expected to decline seasonally this Fall as the harvest begins for the important apple and citrus crop. The apple harvest is expected to be larger than last year's freeze-damaged crop. Pear production is expected to be down.

Processed fruit and vegetable prices are expected to continue to rise this Fall. Supplies of frozen concentrated orange juice remain tight relative to demand--due to the effects of last winter's freeze in Florida.

Substantial price increases are not expected for cereal and bakery products as there are large supplies of grains. Some price increases may occur because of rises in marketing and distributing costs.

Coffee prices will gradually recede, according to present trends. In the sugar and sweets category, consumers may see some increases later this year, reflecting continued increases on chocolate products.

Vegetable oil products are also expected to rise moderately as higher oil prices last Spring and Summer continue to be passed through to the final products.

## NOT ROUND--- BUT ELONGATED

Note on "Shapely Apple" story from Sept. 5, 1977-----The copy should have read, "chemicals to improve the shape of the Red Delicious apples may now be used to get the much-desired and familiar elongated shape to the market places" . . not the familiar round one.

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